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Diggin' that new LRT tunnel

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Let Gaza kids in, doctor urges

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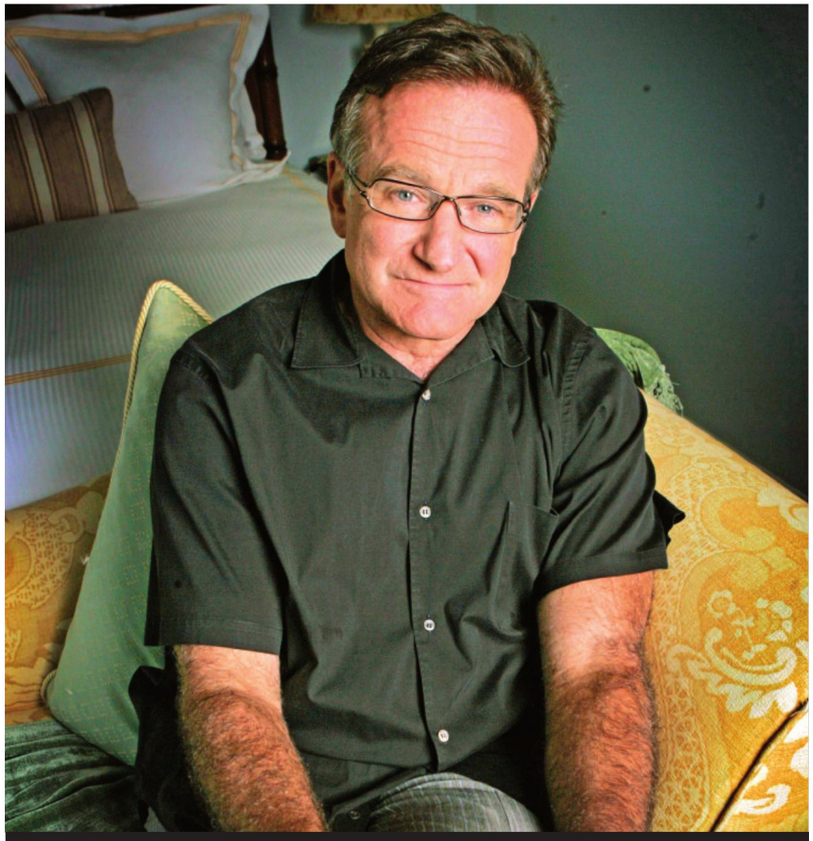
FORGET TOMATOES — MELON WILL END SOGGY SAMMIE BLUES PAGE 16



Actor and comedian Robin Williams, whose free-form comedy and adept impressions dazzled audiences for decades, has died in an apparent suicide. The Marin County Sheriff's Office said a preliminary investigation showed the cause of death to be a suicide due to asphyxia. THE ASSOCIATED PRESS FILE

Robin Williams dead at age 63

Apparent suicide.
Actor's body found in his home Monday morning

Robin Williams, the Academy Award winner and comic supernova whose explosions of pop culture riffs and impressions dazzled audiences for decades and made him a gleamy-eyed laureate for the Information Age, died Monday in an apparent suicide. He was 63.

Williams was pronounced dead at his home in California on Monday, according to the sheriff's office in Marin County, north of San Francisco. The sheriff's office said a preliminary investigation shows the cause of death to be a suicide due to asphyxia.

"This morning, I lost my husband and my best friend, while the world lost one of its most beloved artists and beautiful human beings. I am utterly heartbroken," said Williams' wife, Susan Schneider.

"On behalf of Robin's family, we are asking for privacy during our time of profound grief. As he is remembered, it is our hope the focus will not be on Robin's death, but on the countless moments of joy and laughter he gave to millions."

Williams had been battling severe depression recently, said Mara Buxbaum, his press representative.

From his breakthrough in the late 1970s as the alien in the hit TV show Mork & Mindy, through his standup act and such films as Good Morning, Vietnam, the short, barrel-chested Williams ranted and shouted as if just sprung from solitary confinement.

He won his Academy Award in a rare, but intense, dramatic role in the 1997 film Good Will Hunting. Williams also won three Golden Globes, for Good Morning, Vietnam, Mrs. Doubtfire and The Fisher King.

Following Williams on stage, Billy Crystal once observed, was like trying to top the Civil War.

"I dread the word 'art,'" Williams said in a 1989 interview. "That's what we used to do every night before we'd go on with Waiting for Godot. We'd go, 'No art. Art dies tonight.' We'd try to give it a life, instead of making Godot so serious. It's cosmic vaudeville staged by the Marquis de Sade."

His personal life was often short on laughter. He had acknowledged drug and alcohol problems in the 1970s and '80s and was among the last to see John Belushi before the Saturday Night Live star died of a drug overdose in 1982.

Williams announced in recent years that he was again drinking but rebounded well enough to joke about it during his recent tour. "I went to rehab in wine country," he said, "to keep my options open."

Born in Chicago in 1951, Williams would remember himself as a shy kid who got some early laughs from his mother — by mimicking his grandmother. He opened up more in high school when he joined the drama club and he was accepted into the Juilliard School, where he had several classes in which he and Christopher Reeve were the only students and John Houseman was the teacher. THE ASSOCIATED PRESS

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Brian Visneskie and Kathryn Morlang, parents of fatal hit-and-run victim Michael Morlang, stand beside a roadside memorial where their 30-year-old son was killed on Aug. 11, 2013. JOE LOFARO/METRO

‘It could have been your son or daughter’

Grieving for Michael Morlang. Parents urge driver in fatal collision to come forward one year after son’s death

JOE LOFARO
joe.lofaro@metronews.ca

The parents of Michael Morlang are desperately asking for information about the fatal collision that claimed the life of their 30-year-old son, one year after his death.

Morlang was struck by a vehicle on Aug. 11, 2013, as he was walking along Frank Kenny Road. The driver of the vehicle fled from the scene and police are not any closer to solving the crime.

Although a year has passed, Kathryn Morlang said she feels like she’s still living that dreadful day, because there’s no closure and still does not have a clear sense of exactly what happened that day.

She and her husband, Brian Visneskie, have one message for that driver.

“Please turn yourself in,” pleaded Michael’s mother, as she stood next to a roadside memorial on Frank Kenny Road on Monday.

“If you know anything concerning this, it could have been your son or daughter that this happened to. And if you know anything please come forward.”

She said she understands that the person responsible might fear reprisal for coming forward, but she said he or she needs to do the right thing.

“We can’t move on. Michael was my only child and the fact that it happened the day before his 31st birthday makes it even harder,” she said.

Anyone with information about this matter is asked to contact Det. Nigel Emaman of the Ottawa Police Service Collision Investigation Section at 613-236-1222, ext. 2481, or Crime Stoppers at 613-233-8477 (TIPS) or toll-free at 1-800-222-8477.

Suspect vehicle

Police believe the suspect vehicle to be a GM product with dark red/burgundy paint used between the years of 1997-98 and 2003-10. The vehicle might have been repaired by a local garage or body shop since the hit-and-run.

Some 1,100 tickets issued

Ottawa’s most lucrative fire hydrant spouts cash

There’s a fire hydrant in the national capital that spouts cash. Tucked away on a side street of Ottawa’s Little Italy neighbourhood is a hydrant that’s responsible for more parking fines than any other in the city.

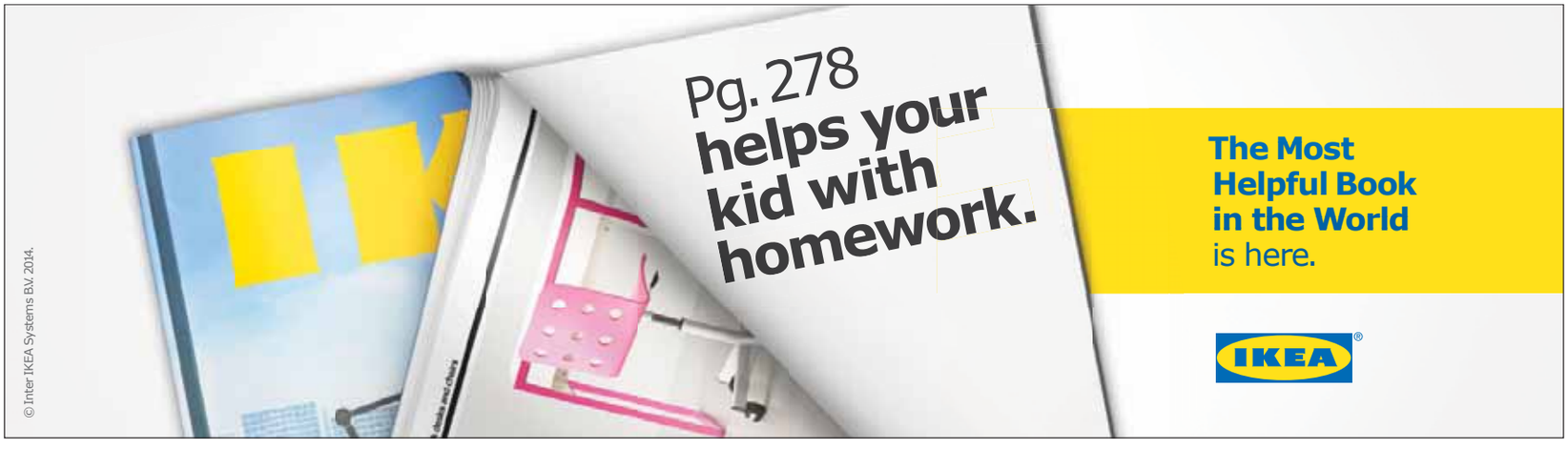
The little yellow fireplug on Beech Street between Preston Street and Rochester Street has netted the city more than $65,000 since 2008.

A Canadian Press analysis of Ottawa’s parking-ticket data found that the Beech Street hydrant is the city’s biggest money-maker. More than 1,100 tickets have been handed out at that spot. So why is this one hydrant such a cash cow for the city?

A couple of bylaw officers out on a recent patrol think it’s because the white lines painted on the road on either side of the hydrant make it look like a parking space even though it isn’t.

The lines are actually there to show people where they *can’t* park. The bylaw officers, who didn’t want to give their names because they weren’t authorized to speak publicly, say there’s almost always someone parked in front of the hydrant, even when the rest of the street is completely empty. THE CANADIAN PRESS

A vehicle sits primed for a parking ticket near Ottawa’s most lucrative fire hydrant on Beech Street. THE CANADIAN PRESS



City's light rail tunnel half done

Digging in. Ottawa officials say excavators have dug close to the equivalent of 23 Olympic-sized pools

LUCY SCHOLEY
lucy.scholey@metronews.ca

It's dank, dimly lit and its muddy floor coats a pair of steel-toed boots in muck, but the Confederation Line tunnel is already halfway finished.

Construction for the Light Rail Transit's (LRT) west underground portal halted on Monday morning as politicians and reporters toured the passage.

Premier Kathleen Wynne, Ottawa Mayor Jim Watson and Ottawa–Orleans MP Royal Galipeau walked 441 metres down the tunnel, from Commissioner Street to Lyon Street, where a station is under construction. It's part of the 2.5-kilometre tunnel under the downtown core that includes an east portal at Waller Street, south of Laurier Avenue, and a central shaft at Queen and Kent streets.

City officials say excavators have cleared out close to the equivalent of 23 Olympic-sized pools — about 58,000 square metres — since the digging began in October 2013.

The tunnel digging is due to be completed in 2016, with the first phase of the LRT's completion date in 2018. The $2.1 billion Confederation Line is on time and on budget, said Watson.

While politicians celebrated the progress of the first phase of the LRT, there has yet to be funding for the second phase, which stretches farther east to Orleans, west to Bayshore and south to Barrhaven.

Phase two requires both the feds and the province to pitch in $975 million.

Wynne has said the province is "committed" to working with Ottawa on the plan, while Galipeau said the federal government has yet to receive a plan from the city, but will likely "be at the table" when Ottawa submits an application.

Ontario Premier Kathleen Wynne and Ottawa Mayor Jim Watson tour the Confederation Line light rail transit tunnel in downtown Ottawa on Monday. This section of tunnel so far runs from Lebreton Flats to Lion Street. SEAN KILPATRICK/THE CANADIAN PRESS

Watson said the city is planning on applying by late 2015 or early 2016. An environmental assessment is currently underway, with the hopes that construction workers can immediately pick up the shovels again in 2018, after the first phase of the project is finished.

"It will be like the brain drain of the construction and technical and engineering worlds, if we simply, all of a sudden stop, at Phase 1," Watson said.

Phase 1 of the LRT includes 12.5 kilometres of electric light rail between the Blair Station and Tunney's Pasture.

It includes 13 stations.

Proposed changes to child-care act spell 'crisis': Group

Minister of Education Liz Sandals
TORSTAR NEWS SERVICE

A "child-care crisis" is in the works if Ontario's proposed changes to the Childcare Modernization Act are passed into law, says a group of unlicensed day-care providers.

The Ottawa-based Coalition of Independent Childcare Providers of Ontario (CICPO) is calling on the Ministry of Education to rethink Bill 10.

The bill would ban unlicensed day-care providers from caring for more than two children under the age of two and would cap the total number of children at a day-care facility at five. It means unlicensed providers will have a hard time filling the remaining three spots if the first two are already filled by children under two years old, said CICPO cofounder Heidi Higgins.

In Ontario there are an estimated 350,000 children currently being cared for in unlicensed day-care centres, or by independent professional caregivers (IPCs), which represents about 78 per cent of the children in the province, CICPO says.

"If IPC has to reduce their child intake by two children, (then) many IPCs will close their doors because they will no longer be financially viable," she said. If the law is passed, violators could face a fine of up to $100,000.

"If this bill is passed and we are no longer able to have five children in our care, it's going to mean a lot of providers will close their doors and look for alternate employment or just become unemployed," said Higgins. "I already personally know of five providers who have already shut their day-care in anticipation of the bill being passed."

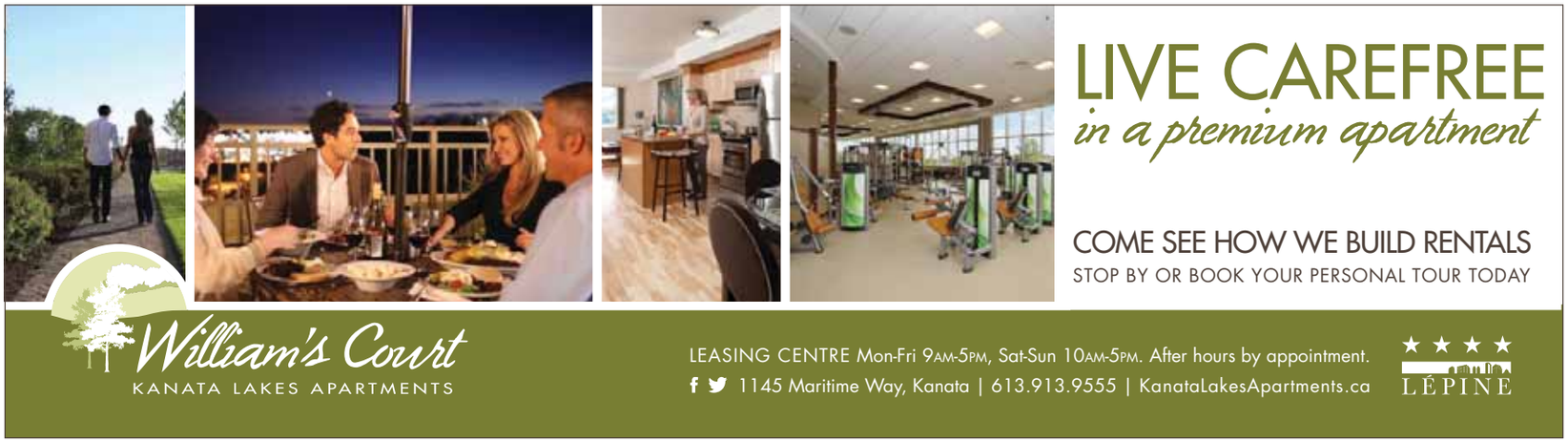
As an incentive to become licensed and potentially gain additional income, the province would allow licensed providers to care for a maximum of six children instead of five.

The move would create up to 6,000 additional spots in Ontario.

"The proposed legislation builds on steps we have taken to improve oversight of the unlicensed child-care sector, including the creation of a dedicated enforcement team to investigate complaints against unlicensed providers and the development of an online searchable database of validated complaints," said Laurent Ramey, press secretary to Education Minister Liz Sandals, in a statement to Metro.

The bill is up for a second reading.

JOE LOFARO/METRO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LÉPINE

U.S. well behind Canada for LGBT rights: Activist

Ten-year difference. Stephanie Battaglino says Canada is more progressive, accepting

DENIS ARMSTRONG
ottawa@metronews.ca

American transgender activist Stephanie Battaglino is speaking at this year's Capital Pride event in Ottawa. CONTRIBUTED

The U.S. is 10 years behind Canada when it comes to LGBT rights, says American transgender activist Stephanie Battaglino.

One of the two guest speakers the U.S. Embassy is bringing to Capital Pride next week, Battaglino will speak on issues affecting the transgender community, including social networking and workplace legislation for transitioning employees.

"Homelessness and unemployment are big issues for the LGBT community, because we can't talk about marriage equality if you don't have a roof over your head," she said from her New York office.

One of the pioneering voices in LGBT rights south of the border, the 55-year-old Battaglino, who admits that she was "deeply in the closet most of my life," transitioned from male to female openly while working as the vice-president of a major insurance company.

Following sex reassignment surgery in 2006, she partnered with her company to create systems that would help employees transition in the future, and later co-founded the LGBT employee resource group NYLPride. She is involved with a number of think-tanks and lobby groups, and sits on the board of directors for the LGBT Community Center of New York.

"Things are happening a little faster in Canada than here in the U.S.," said Battaglino.

"Canada's had marriage equality since 2003, and has moved on with better surgical supports and stronger human rights legislation, while in the States, we're still debating the issue of marriage equality. We have a long way to go."

Canadian plane grounded in Ottawa after fire alarm

A Canadian North passenger jet has been grounded in Ottawa for mechanical inspection after a sensor indicated a fire on board just as the plane was making its way to the runway.

The 76 people on the scheduled morning flight to Iqaluit were evacuated Monday shortly after an alarm sounded in the cockpit, the airline said.

"The aircraft received a fire warning indication in what's called the auxiliary power unit," said airline spokesman Graeme Burns.

That unit is in the tail section of the Boeing 737 and is used to start the engines. It also provides electricity and air conditioning for the plane while it's on the ground.

"The pilots immediately stopped the aircraft on the tarmac while it was taxiing and followed all the procedures ... to get the people off the plane," Burns said.

The alarm turned out to be false, he added. "We are very thankful that there was no actual fire."

A Canadian North passenger jet was grounded in Ottawa Monday for a mechanical inspection after a sensor indicated a fire on board. PARAMEDIC HANDOUT

There were reports of a burning odour on the plane when the sensor alarm sounded, but no visible signs of smoke and no injuries during the evacuation.

Once the evacuation order was given, the 72 passengers and four crew members disembarked the plane and were returned to the Ottawa airport lounge by bus. A short time later, the Transportation Safety Board gave the all-clear for the plane to return to the terminal.

THE CANADIAN PRESS

Carleton

Minor injury after O-Train derailment

O-Train service was suspended Monday afternoon, after a reported derailment at Carleton University.

Paramedics responded to the campus station at 3:27 p.m. and treated a woman for neck and back injuries. Her injuries are believed to be minor.

The city did not respond to an email from Metro asking when service would resume.

JOE LOFARO/METRO

Critical condition

Police charge 2 in Sunday stabbing

Police in Ottawa have laid charges against two people in connection with a stabbing on Provender Avenue Sunday morning that left a 33-year-old man in critical condition.

Daniel Duke, 51, and Danielle Lee, 26, have both been charged with one count each of accessory after the fact of an offence, but police are still searching for a third male suspect in the stabbing. Duke and Lee were scheduled to appear in court Monday.

TREVOR GREENWAY/METRO

Gatineau

Woman may face charges of arson

About 100 Gatineau residents watched their apartment building burn on Sunday night.

One of the residents, a 37-year-old woman, is suspected in connection with the blaze, according to Gatineau police.

She was arrested on scene and taken in for questioning.

The woman could face charges of arson and breach of probation. She's due to appear in court on Monday morning.

LUCY SCHOLEY/METRO

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Health workers wearing protective clothing and equipment against the Ebola virus sit at the Kenema Government Hospital situated around 300 kilometres from the capital city of Freetown in Sierra Leone. MICHAEL DUFF/THE ASSOCIATED PRESS

Ebola drug still not given to Africans

'It certainly looks bad.'
Experimental drug ZMapp has been given to two Americans and a Spanish missionary priest

In a development that raises a host of ethical issues, Spain announced it had obtained a scarce U.S.-made experimental Ebola drug to treat a Spanish missionary priest infected with the killer virus.

So far the experimental drug, ZMapp, has been used to treat two infected Americans and a Spaniard, but no Africans, for a hemorrhagic disease that has been ravaging West Africa for months and has killed about 50 per cent of those it infected.

There is no known cure or licensed treatment for Ebola, which has killed over 960 people in the current outbreak.

The drug's maker, Mapp Pharmaceutical Inc., says that "very little of the drug is currently available" and that it is co-operating with government agencies to increase production.

"It certainly looks bad that only three Westerners have gotten the drug while most of the people with Ebola are African," said Art Caplan, director of bioethics at NYU Langone Medical Center. He said the drugmaker must make its policy for distributing its treatment clear.

Still, Caplan said there may be an explanation for why only Westerners were given the drug, including the need for a sophisticated medical centre to administer it and monitor the patient carefully since the drug hasn't been tested in humans.

In Nigeria, which says it has 10 confirmed cases of Ebola, some demanded the serum on Twitter. THE ASSOCIATED PRESS

Alta. Court of Appeal

Terror suspect should be extradited to U.S., court says

The Alberta Court of Appeal has ruled that an Edmonton man should be extradited to the United States to face terrorism and murder charges.

Sayfildin Tahir Sharif is accused of murder and supporting a terrorist group that took part in suicide bombings in his native Iraq.

The Americans allege Sharif worked from Edmonton to help a Tunisian man enter Iraq in 2009 and detonate a truck filled with explosives at a military checkpoint, killing five U.S. soldiers.

Sayfildin Tahir Sharif
THE CANADIAN PRESS

Defence lawyers had argued before the Appeal Court that RCMP didn't allow Sharif access to a lawyer or interpreter the day of his arrest.

They also said allegations against their client came from three people — including his brother — who were tortured by investigators in Iraq.

The Appeal Court ruled that none of the arguments merited keeping Sharif in Canada. THE CANADIAN PRESS

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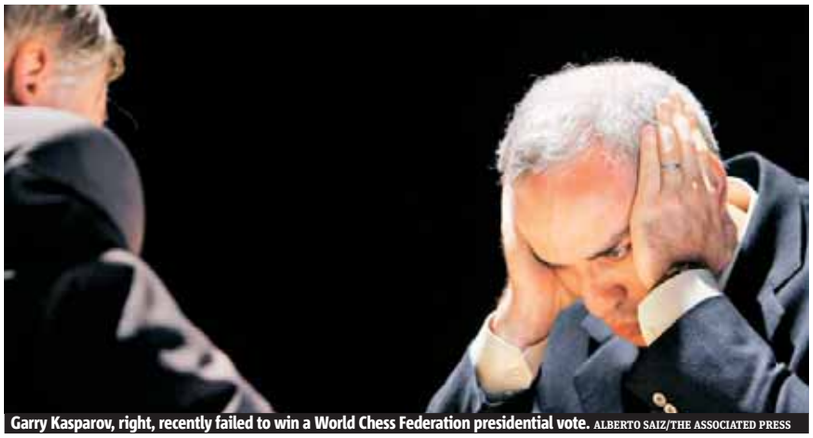
Pro-Putin chess president checkmates Kasparov's gambit

Checkmate. Kasparov fails to oust Putin-favoured Ilyumzhinov in World Chess Federation presidential vote

Former world champion Garry Kasparov failed in his bid to oust the eccentric longtime head of the World Chess Federation on Monday in a bitter contest steeped in Russian power plays.

Kasparov, a vocal critic of Vladimir Putin, was the sole challenger against Kirsan Ilyumzhinov, a wealthy businessman known to be supported by the Russian president. The vote was held on the sidelines of an international tournament in Norway.

Delegates at the 2014 Chess Olympiad in the northern city of Tromsoe voted 110-61 in favour of Ilyumzhinov.



Garry Kasparov, right, recently failed to win a World Chess Federation presidential vote. ALBERTO SAIZ/THE ASSOCIATED PRESS

Ilyumzhinov, who once claimed to have visited an alien spaceship, has headed the governing body of chess for 19 years.

Kasparov, who at 22 in 1985 became the youngest chess world champion, has described Putin as an arrogant dictator; in a recent AP interview he accused Ilyumzhinov of "working with Russian oligarchs in the Kremlin."

Supporters of Ilyumzhinov have said that Kasparov is too political for the job and that his advocacy of human rights is insincere.

Kasparov's supporters say Ilyumzhinov channeled federation resources to his election campaign and have accused him of other corrupt practices. In a May letter to African chess officials, Lewis Ncube, a FIDE vice-president from Zambia who supports Ilyumzhinov, said Kasparov was using "military contacts" to pressure national federations into supporting his bid to become president.

"We have had no cases of corruption. I am very proud of my job," Ilyumzhinov said in a live stream broadcast by the Norwegian VG daily and thanked Kasparov for participating in the election.

THE ASSOCIATED PRESS

King of the board

In 2010, Ilyumzhinov defeated a similar challenge by another former world champion, Anatoly Karpov, in an election marked by allegations of fraud, but organizers said that since then some voting procedures had been made more transparent.

Turkey

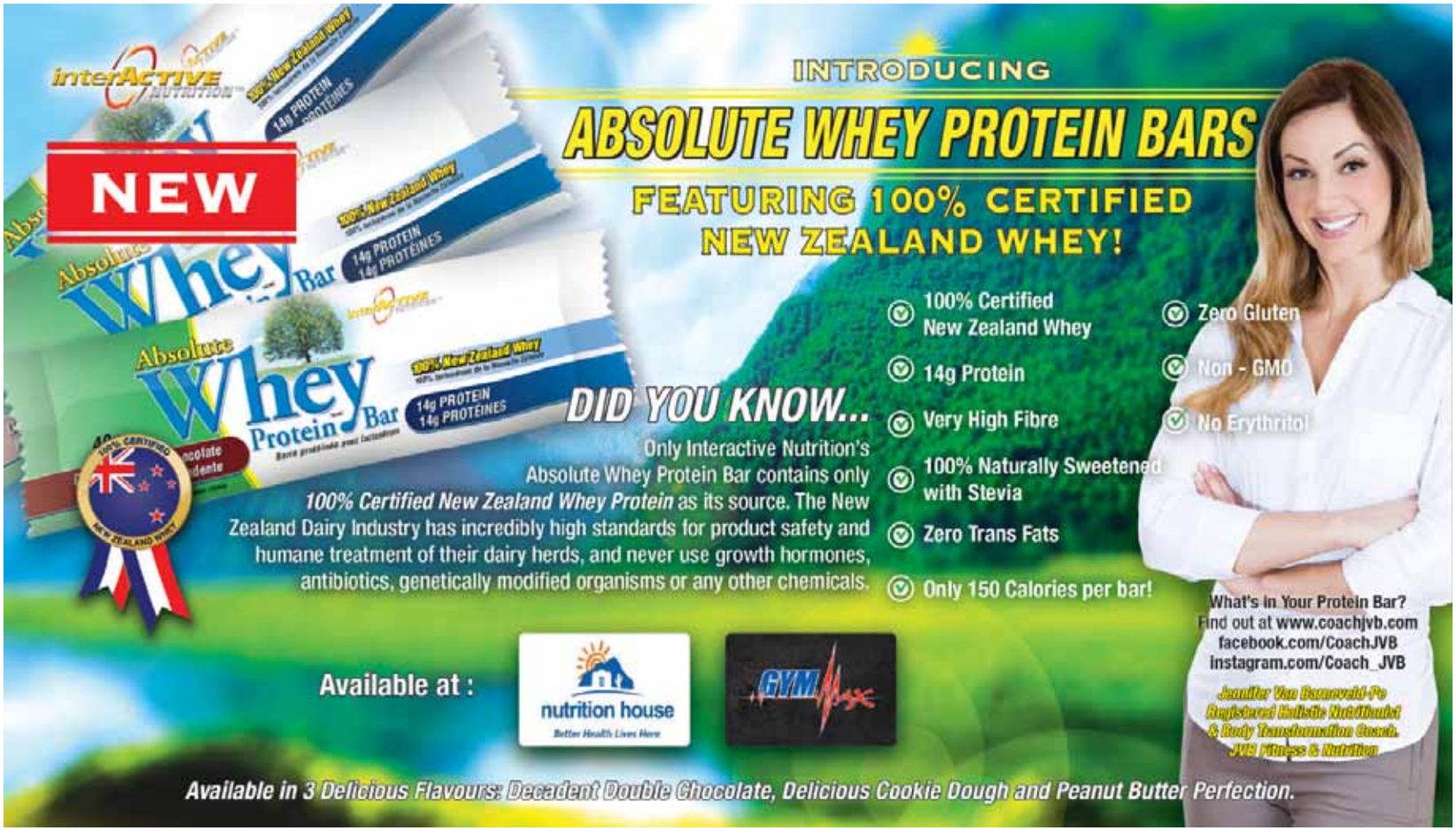
Conjoined dolphin discovered

Turkish media reports say scientists will examine a two-headed dolphin that washed ashore in western Turkey.

The private Dogan news agency said the remains of a conjoined dolphin calf were discovered on a beach in Dikili, near the Aegean city of Izmir last week by a vacationing gym teacher.

Akdeniz University marine biologist Mehmet Gokoglu said the dolphin was an unusual and rare occurrence. THE ASSOCIATED PRESS

The conjoined two-headed dolphin THE ASSOCIATED PRESS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Doctor calling on Ottawa to allow injured Gaza kids into Canada for treatment

'These children are in need.' Dr. Izzeldin Abuelaish says proposal has nothing to do with politics, only ethical and moral responsibility

Dr. Izzeldin Abuelaish is urging the federal government to allow children wounded in Gaza to come to Canada for treatment, saying Gaza's health-care system is overwhelmed. ANDREW WALLACE/TORSTAR NEWS SERVICE FILE

The federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for the medical treatment they need, a high-profile Palestinian doctor organizing the effort said Monday.

Izzeldin Abuelaish, whose three daughters died in the 2009 conflict in Gaza, is urging Foreign Affairs Minister John Baird to support a proposal to allow 100 wounded kids into Ontario, which is willing to treat them.

It has nothing to do with politics, the university professor said. There's an ethical and moral responsibility to help in times of need.

"Don't deprive the Canadian people, the Canadian professionals, of this opportunity," Abuelaish said in an interview. "Don't let it down."

Only Ottawa can provide the necessary visas for the children and their guardians, but the federal government suggests it may be better for Canadian doctors to travel to Gaza instead.

"Make no mistake, there is only one party responsible for the suffering of the Palestinian people, and that is the international terrorist group Hamas," Baird's spokesman Adam Hodge said in an email.

Quoted

"This is humanitarian, Canadian; it's not ethnic, religious or any political cause. It's Canadian, under one flag — the red Maple Leaf flag."

Dr. Izzeldin Abuelaish, who says the federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for medical treatment

The government is considering how best to deploy Canadian resources to assist, such as increasing capacity at hospitals in Gaza, Jordan and Israel, as well as field hospitals, to treat the wounded, Hodge said.

But Abuelaish said it would be difficult to ensure the safety of Canadian doctors in Gaza, whose health-care system is severely damaged and overloaded with injured civilians, including thousands of children.

"It's urgent," he said. "These children are in need."

They would only take children who are stable enough to travel, Abuelaish said. The children would stay for a month or more until they're well enough to go back.

Many of them suffer from burns, amputations, disfigurements and other injuries that could receive the specialized care that wouldn't be available to them in Gaza, he said.

Ontario Health Minister Eric Hoskins, a physician who has worked in war zones, said the province is willing to treat injured children from Gaza and Israel. Five hospitals, including Toronto's Hospital for Sick Children, have said they're ready to help. THE CANADIAN PRESS

Toronto. Police look into bomb threat demanding Rob Ford quit as mayor

Police are investigating an email that threatens to bomb Toronto city hall unless Mayor Rob Ford resigns.

Ford showed the note to reporters on Monday, saying, "this is serious." He said police have been informed of the email, which was received by his brother, Coun. Doug Ford.

The threat warns city hall will "disappear from the map" if Ford doesn't quit.

THE CANADIAN PRESS

Rob Ford TORSTAR NEWS SERVICE FILE

Survey. Depression, PTSD, anxiety common among members of the military

Canada's number-crunching agency says about one in six members of the military have reported experiencing symptoms of mental or alcohol disorders.

Statistics Canada surveyed full-time regular members of the Canadian Forces last year.

The results showed nearly 17 per cent of those surveyed had experienced symptoms in the previous 12 months consistent with at least one of a half-dozen disorders.

The Canadian Forces Mental Health Survey asked about major bouts of depression, post-traumatic stress disorder, incidents of anxiety or panic and alcohol abuse, as well as alcohol dependence.

The results are somewhat in line with the Canadian Mental Health Association's findings among the general population.

THE CANADIAN PRESS

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Local business community feeling optimistic: Survey

Entrepreneurs' take. Ottawa Chamber of Commerce's new survey finds respondents confident, while facing a few tough challenges

A shortage of qualified workers, too much paperwork and traffic gridlock are the three biggest issues facing Ottawa's economy, according to the Ottawa Chamber of Commerce's latest Business Confidence Index survey.

In June, pollsters at Abacus Data asked 109 local entrepreneurs how confident they were about Ottawa's economy.

Confidence remained steady with 86 per cent of respondents saying their confidence in the local economy was the same or had increased in the last six months, versus 81 per cent in December.

Hiring intentions also remained positive with more employers looking to add staff than cut. Some 43 per cent of Ottawa businesses said they want to hire more people in the next six months, versus 12 per cent looking to cut.

But hiring might be a challenge, according to the survey.

"Finding qualified staff is a global challenge," said Ottawa Chamber of Commerce president and CEO Ian Faris, who commissioned the survey. "Businesses are increasingly looking outside Canada for skilled workers. We need to do a better job of identifying the gaps in our workforce."

The shift from manufacturing to a knowledge-based economy is a big one for employers, and those looking for a new job, said pollster David Coletta of Abacus.

But Ian Lee, of Carleton University's Sprott School of Business, questioned the idea of a labour shortage and said part of the problem may simply be in instilling grads with the right attitude.

"You'd think with four universities and two community colleges, skilled labour here would be plentiful," said Lee. "The term 'skilled' or 'qualified' is a code word for a generation who are not as motivated to work as their parents or grandparents were.

"This is the disease of an affluent society, which Ottawa is. Affluence destroys motivation, so it's become challenging finding people with the discipline, attitude and drive to work."

In December, access to skilled workers ranked only third on the list of challenges to business according to poll respondents, with business taxes topping the list and business licensing costs coming second.

However, the most recent poll also showed that businesses were optimistic that Mayor Jim Watson and, to a lesser extent, the federal government, were doing something to help businesses.

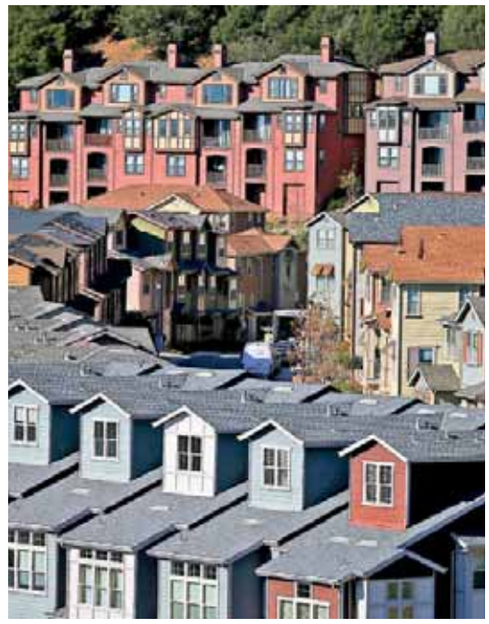
Nearly three quarters of respondents thought Watson and his program to update Ottawa's aging downtown core (including the reconstruction of Lansdowne Park, construction on the LRT and the Ottawa 2017 initiative) were having a positive impact on the local economy.

Meanwhile, only 31 per cent of those polled said the provincial government supported Ottawa's entrepreneurs, down five points since December 2013.

"We're pleased overall with the results of the survey because it shows that Ottawa's economy is more optimistic than it's been in years," said Ottawa Chamber of Commerce president and CEO Ian Faris.

"It acknowledges that there are major challenges we have to face, but overall, the city increasingly supports its business community. Business needs to be heard. This information will help us focus on reducing the negatives on the economy."

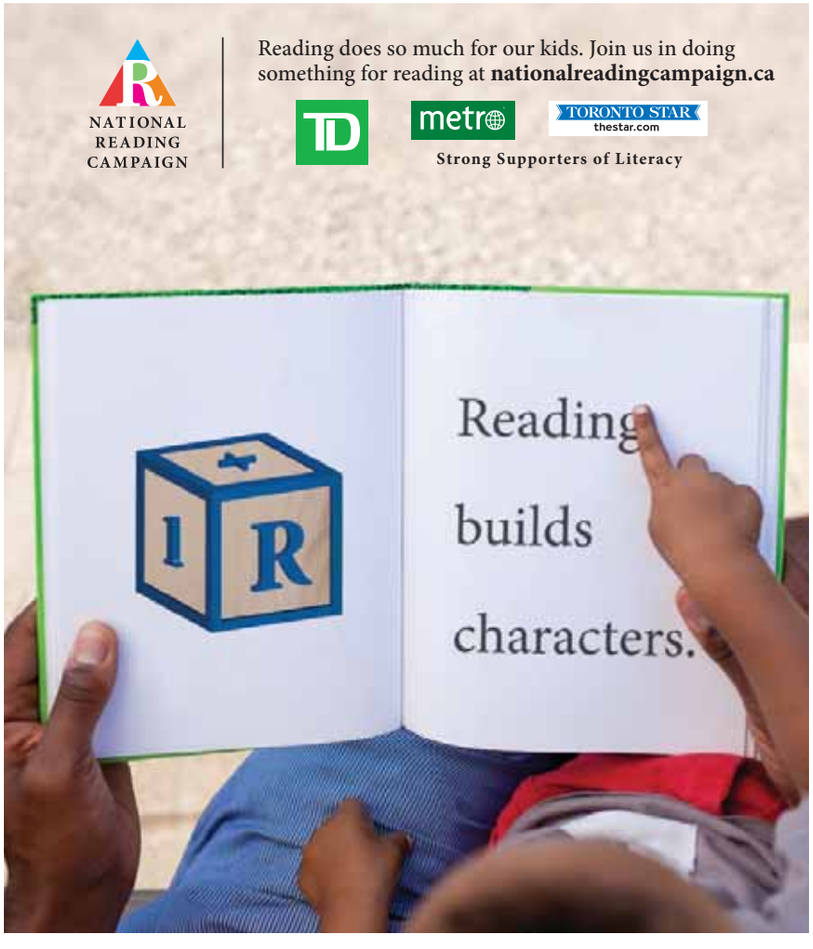
DENIS ARMSTRONG/FOR METRO



'Unsustainable' housing growth?

Some economists warn that the surge in the number of new homes being built in Canada is unsustainable and could approach "worrying" levels if interest rates remain at the current level. Canada Mortgage and Housing Corp. reported Monday that housing starts increased to a seasonally adjusted annual pace of 189,784 in July, compared with 185,952 in June.

JUSTIN SULLIVAN/GETTY IMAGES



Can't buy love ... or loyalty

With competition fierce for consumer dollars, companies are pulling out all the stops to build loyalty, from cost-cutting and loyalty programs to shamelessly broadcasting the bestowment of gifts on surprised customers.

But marketing experts say these tactics don't work unless consumers actually like the product or service being reinforced.

"Basically, you're trying to buy friendship," says Ken Wong, a marketing professor at Queen's University. "You're trying to suggest to people that you're this good guy bank or this good guy airline. But the reality is, if you want to be a good guy, give good service."

A recent online campaign by TD Bank featured a video with a talking ATM that gave unsuspecting customers free flight tickets, smartphones and surprise visits from Toronto Blue Jays outfielder Jose Bautista.

At 2 p.m. on the day the video premiered, tellers at more than a thousand TD branches across Canada distributed envelopes stashed with $20 bills to unsuspecting customers.

In December 2013, WestJet's online video showing the airline company granting passengers their Christmas wishes went viral, racking up over 36 million views to date.

"It's a nice, cute event but it says nothing about what it's like to do business with these folks every day," says Wong.

The pressure stems from consumers that are much more selective in the products and services they want and willing to spend the time online to find the best price. THE CANADIAN PRESS

$83,000+ in virtual currency

Hacker stole Bitcoins via a Canadian Internet provider

Researchers with a cyber security firm say they have uncovered that a hacker used access to a Canadian Internet provider to hijack large foreign networks, stealing more than $83,000 US in virtual currency.

The U.S.-based Dell SecureWorks says the hacker operated between February and May 2014. It's alleged the hacker targeted hosting firms with servers that generate Bitcoin — including Amazon in the U.S. and OVH in France — and redirected some activity.

SecureWorks says the hacker likely worked alone and was in Canada, and could be a former or then-current employee of the ISP. The firm did not name the ISP, but says the "malicious activity" stopped after it handed the ISP its findings. SecureWorks did not go to the Canadian authorities, and it is not known if the ISP has identified the hacker. THE CANADIAN PRESS

Market Minute

DOLLAR 91.58¢ (+0.43)

TSX 15,261.64 (+65.33)

OIL $98.08 US (+$0.43)

GOLD $1,310.50 US (-$0.50)

Natural gas: $3.99 US (no change)
Dow Jones: 16,569.98 (+16.05)

PEOPLE, U NEED 2 STOP IT!!! SMH

SHE SAYS

Jessica Napier
metronews.ca

In today's fast-paced dating world of liking and swiping, poor texting habits can be an immediate deal-breaker.

According to a recent Digital Flirting Rules survey by Omlet — a new open messaging app developed by Stanford students — both men and women ranked informal spelling and funky abbreviations as their No. 1 turnoff when it comes to mobile messaging.

Multiple exclamation points, poor punctuation and grammar, all lower case words and acronyms (IDK, BRB, WTF) also ranked high on the list of chatting pet peeves among young adults.

Who knew we were so formal?

I guess ur cre8tive msgs might not B werking 4 u after all.

A ubiquitous array of free and monetized apps and dating sites have radically changed the way we seek out and communicate with our potential romantic partners.

Even if you actually manage to connect with a stranger IRL (in real life), followup flirtations are bound to happen between your devices. Which means early on in the relationship, your touchscreen courtship skills are just as important as in-person chemistry.

So if poor sentence structure and truncated words are irritating texting turnoffs — are we doing anything right?

Typing LOL after every sentence or using multiple exclamation points might come across as desperate (and annoying!!!), but research shows that cutesy emoticons are actually surprisingly lovable in reasonable doses.

According to Omlet's survey, 31 per cent of men and 38 per cent of women prefer to receive chat and text messages with multiple emoticons and emojis.

So feel free to pepper your correspondence with a casual thumbs-up or a flirty wink-face — just don't go overboard.

Excessive emojis are acceptable when swapping stories among friends, but you should probably resist the urge to spell out your first-date plans in a hieroglyphic paragraph of beer glasses and ramen-noodle bowls.

It's also advisable to avoid employing symbolic hearts to express real emotion, unless you're an eight-year-old.

Ultimately, timing is everything when it comes to digital communication. Frequency, followup speed and time of day are important considerations for both men and women who are pursuing a new relationship via their smartphone. And if you're really interested in someone, you should be taking the time to spell out your words and punctuate your sentences correctly.

And for goodness sake, let's all give up the Y2K-era textspeak; even the most lacklustre romantic prospect deserves better than a lazy and dated "c u l8er."

It's all good in Djerbahood

A woman looks at a mural by South African artist Faith47 that decorates a wall in the village of Erriadh, on the Tunisian island of Djerba, as part of Djerbahood. For more murals, scan this photo with your Metro News app. ALL PHOTOS JOEL SAGET/AFP/GETTY IMAGES

International mural project hits remote island town

- French-based Tunisian artist Mehdi Ben Cheikh has invited artists from all over the world to take part in an initiative to turn a district in a village on North Africa's largest island into an "open sky museum."
- The town of Erriadh, Djerba, in Tunisia, with its pale walls and charming architecture, provided the artists with the perfect backdrop and plenty of inspiration.
- Contributors include Belgian-based ROA, who made use of the town's many domed buildings to create an octopus, jellyfish and other creatures; France's C215, a.k.a. Christian Guémy, who contributed many delightful stencilled cats to post-office boxes and doors all over town; and South Africa's Faith47, whose work Hunt Her depicts an ethereal unicorn that looks like it has adorned the crumbling wall it sits on for centuries.

By the numbers

150

Thirty-four artists from 150 countries took part in the project.

Online

For more on the project, visit djerbahood.com.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 10 in Scene and page 16 in Life.

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

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MetroTube

A! Oh! Let's yo

ANDREW FIFIELD
andrew.fifield@metronews.ca

While the rest of us spent the weekend soaking up those precious drops of summer that will slowly slip away over the coming weeks, 18-year-old California wunderkind Gentry Stein was busy showing up his competition at the 2014 World Yo-Yo Contest in Prague with a dizzying, worrying performance of throws. Fair warning: If you're not into the music "the kids" are into these days, then you're REALLY not going to be into Gentry's selection here. So maybe dull your audio a bit. (c3yoyodesign YouTube)

SCREENGRAB

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DVD review

Muppets Most Wanted

Director. James Bobin

Stars. Ricky Gervais, Ty Burrell, Tina Fey

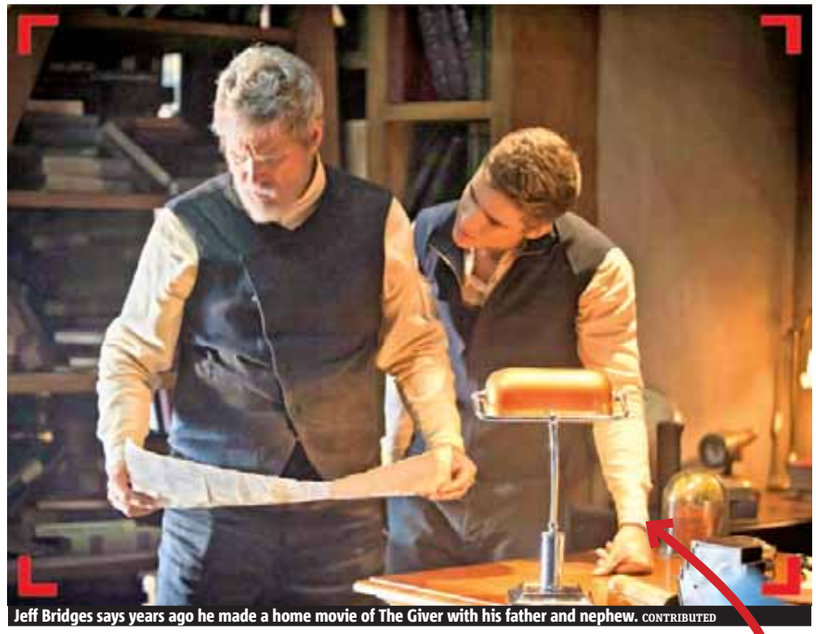
It's not easy being a cash machine. Muppets Most Wanted makes this as plain as the nose on Miss Piggy's face. Just two films into the rebooted Muppets movie series, franchise fatigue is already setting in. All involved admit they don't really know where to go — except to the bank. The film is bookended by songs that parody the perils of following a hit, which The Muppets very much was in 2011. "Everybody knows the sequel's never quite as good," goes one line, and ain't it the truth? Missing in action are Jason Segel and Amy Adams, the human foils for Miss Piggy, Kermit the Frog, Fozzie Bear and the rest of the late Jim Henson's cloth-headed clowns. Segel's enthusiastic pen is also absent, leaving Nicholas Stoller, his co-writer from The Muppets, to do the heavy quipping on his own. Yet they get away with it, mostly. In the show-must-go-on style that's always been a Muppets mainstay, everybody gets down to business, confident that audience goodwill will see them through — and it often does.

PETER HOWELL

Jeff Bridges is a big fan of one certain kid novel

The Giver. Actor claims he's been trying to get beloved book onto the big screen for the past 18 years

NED EHRBAR
Metro World News in Hollywood



Jeff Bridges says years ago he made a home movie of The Giver with his father and nephew. CONTRIBUTED

Lois Lowry's 1993 hit young adult novel The Giver has a lot of die-hard fans, but possibly none as die-hard as Jeff Bridges ... No, really.

The Oscar-winning actor has been trying to get a film version of the book — about a future society where emotions and memories are controlled to keep the peace — for the past 18 years. Well, he finally got his wish.

You've been behind this film for a while. Is this a more personal project for you than some others you've done recently?

Yeah, I think so. I've been involved with it for about 18 years. I originally wanted to direct my father, Lloyd Bridges, in the film. As a matter of fact, somewhere we have a videotape of me doing just that. We read through the whole book, my dad played the Giver. Dylan, my brother's son, played Jonas, one of his sons shot it, my buddy Bud Cort narrated the whole thing, and we have that somewhere. Hopefully we'll break it out for the DVD.

What would you say was the biggest cause for delay in getting this movie made?

I think the challenge of creating that world, for one thing. And also there's a certain danger element to the book. I thought it would be much easier than it turned out to be to get it made. I mean, 12 million copies sold in 21 countries, a Newbery (Medal) award-winning book, taught in schools ... But it's also on the banned books list, so it's quite controversial. A lot of people felt it was too risky for kids to know that information. There's sexual themes in it, a little bit of violence — but nothing compared to other movies that are out today. And then you have the euthanasia element, different things like that. And I think that made the financiers question whether it would be accepted or not. And then movies like Hunger Games — which my understanding is they were inspired by The Giver, that book — their success really helped our movie get made.

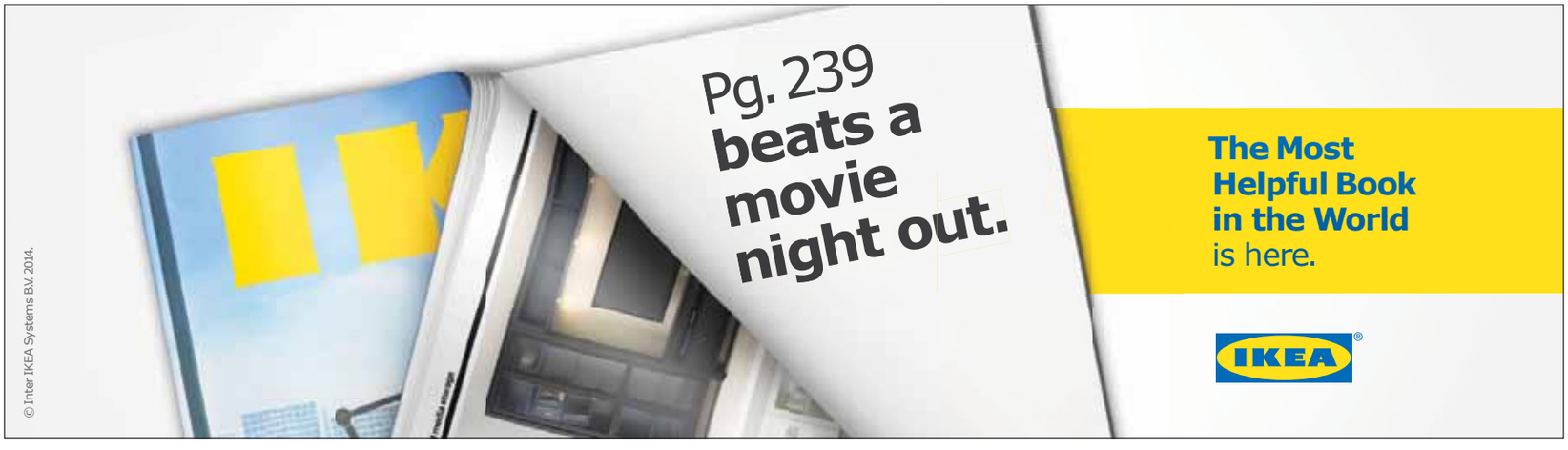
Do you find now, since winning the Oscar, that you're being put in the "serious actor" niche?

Well now I've kind of taken that strategy of playing things differently and thrown that out the window. Now I just jam and do whatever. I'm not too concerned about my career anymore. I'm just kind of playing. I try to resist being engaged in anything because I know what it takes. And that's also been kind of my game plan, to kind of resist.

AUGMENTED REALITY

→ The creation of sameness? Scan this photo with your Metro News app for a clip of Jeff Bridges in the new film The Giver!

metro AR → See the full instructions on Metro's Voices page.



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Trainor gives the skinny on Bass song

Booty beauty. Singer ecstatic that young girls have gravitated to her pop hit about body image and acceptance

Despite initial rejections from other artists and record labels, Meghan Trainor's song, All About That Bass, has become a huge hit, jumping to No. 8 on the Billboard chart and selling close to 400,000 copies. THE ASSOCIATED PRESS

Not everyone was initially All About That Bass.

Meghan Trainor, the 20-year-old who is having a pop-culture moment with the song about body acceptance, said she initially wrote the track and pitched it to other artists, but was turned away.

"Labels were like, 'We love it, but you have to reproduce it. You got to get it more synth-y, pop-y,'" said Trainor, who worked with producer Kevin Kadish on Bass. "We looked at each other like, 'Man, I thought this was a hit, but I guess not.'"

Things changed when record executive L.A. Reid heard the doo-wop pop song and told Trainor she should be the voice behind it.

He signed the budding songwriter to Epic Records after hearing her sing Bass while playing the ukulele.

This week, the song jumped 20 spots on the Billboard Hot 100 chart to No. 8. The single has sold 389,719 copies so far in five weeks, and the music video, which has 10 million views and climbing, has become a water cooler topic among young girls and their parents.

Bass features such standout lines as "it's pretty clear, I ain't no Size 2," "I'm bringing booty back," and "yeah, my momma, she told me don't worry about your size."

Trainor said Grammy-nominated Kadish, who has worked with Jason Mraz, had the song title but didn't know where to go from there.

"I immediately thought, 'Booty. Bass. Thickness,'" she said.

Trainor, who grew up in Nantucket, Mass., recently moved to Nashville, Tenn. She was signed to a publishing house in Music City, and wrote songs for Rascal Flatts and others.

Now, she's working on an EP and album to capitalize on the breakthrough that Bass has given her.

Trainor said she's ecstatic and humbled that young teenage girls have gravitated to the song.

"I tear up and I call my mom, like, 'Did you see that? Did you read that one?' because some girls are like, 'I've hated myself. I hated life. I didn't want to go to school. I get bullied. And then I heard your song and I cried,'" she said.

"They say they cried because they're happy and they dance around the room. And I was just like, 'What?' It's crazy."

Bass has given Trainor a boost as well. "I wish there was a song like this when I was 13," she said, adding she's not always confident.

"It's all mostly in my head," she explained. "I would sit there in class like, 'I know they are judging me right now. I know they're picking on me.' ... So it helped me a lot, watching this video and seeing the comments that were positive. It's helped me go up a little bit."

THE ASSOCIATED PRESS

Positive vibes

"I wish there was a song like this when I was 13."

Meghan Trainor, singer/songwriter
On the positive reaction among teens to her hit song, All About That Bass

Hollywood

Anne Rice vampire series to get movie reboot

Universal has picked up the adaptation rights to The Vampire Chronicles, the book series by Anne Rice that inspired the 1994 movie Interview with the Vampire.

While Warner Bros stopped at just one movie, Universal is aiming high and has acquired the rights to all 10 books in the series so far. The eleventh, Prince Lestat, is due for publication this October.

The first novel in the series, Interview with the Vampire, was a hit with readers, and the story encountered similar success on the silver screen 20 years ago. With Tom Cruise and Brad Pitt in the lead roles, the feature followed the adventures of Lestat de Lionscourt and Louis de Pointe du Lac, two French aristocrats who become vampires during the 18th century.

While there is no indication so far on whether the first film in the new franchise will be a reboot of the 1994 movie, Alex Kurtzman and Roberto Orci have already been announced as producers. AFP

Emmys. Big-screen stars to hand out the trophies at television award show

Film stars Julia Roberts, Matthew McConaughey and Halle Berry are among the first presenters announced for this month's Emmy Awards ceremony.

In a statement Monday, executive producer Don Mischer said 13 celebrities have been confirmed so far as trophy presenters for the Aug. 25 awards.

The three Oscar-winning actors all have small-screen credentials: Berry is starring in the summer series Extant, Roberts is nominated for the TV movie The Normal Heart and McConaughey is up for honours for the drama series True Detective.

Their willingness to dabble in TV is a sign of the medium's creative strength and increasing appeal to top-tier actors and others in Hollywood.

Other presenters will include Emmy nominees Bryan Cranston of Breaking Bad, Woody Harrelson of True Detective, Julia Louis-Dreyfus of Veep, Julianna Marguilies of The Good Wife, Jim Parsons of The Big Bang Theory, Amy Poehler of Parks and Recreation and Kerry Washington of Scandal.

Julia Roberts THE ASSOCIATED PRESS FILE

Also handling trophy duties are New Girl star Zooey Deschanel and musicians Adam Levine and Gwen Stefani, both part of The Voice.

The 66th Emmy Awards, with host Seth Meyers, are airing on NBC and on a Monday, instead of the ceremony's usual Sunday-night slot.

The switch was made to avoid a conflict with NBC's Sunday Night Football, as well as the MTV Video Music Awards. THE ASSOCIATED PRESS

"A THOUGHTFUL ROMANCE THAT HASN'T REALLY BEEN NAILED SINCE WHEN HARRY MET SALLY."
- ANDREW PARKER, DORKSHELF
THIS SUMMER IT'S ALL ABOUT...
THE F WORD
THE DIRTIEST WORD IN ROMANCE – FRIENDS
DANIEL RADCLIFFE
ZOE KAZAN
MEGAN PARK
ADAM DRIVER
A FILM BY MICHAEL DOWSE DIRECTOR OF "GOON"
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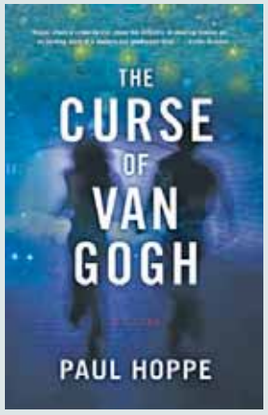
Novels to read to your art's content

Art books are having a moment, and we're not talking about those pricey coffee-table books that people display but never read. These new releases are full of drama and scandal

EMILY LAURENCE
Metro in New York City

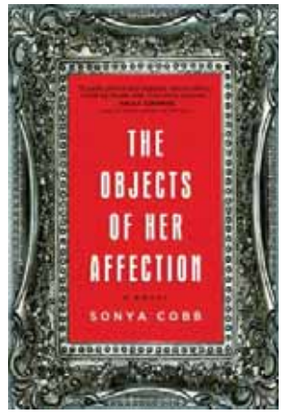
The Curse of Van Gogh by Paul Hoppe

If you love a good art heist story, you'll devour this thriller, which came out July 29, the 124th anniversary of artist Vincent Van Gogh's death. Hoppe tells the tale of an art thief just released from prison who falls back into his wicked ways after bartending at a New York City art event. Author Paul Hoppe's background is in Hollywood screenwriting and he really packs a lot of action into his first novel.



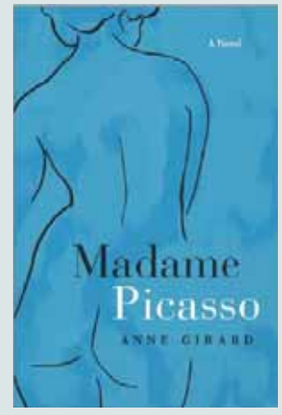
The Objects of Her Affection by Sonya Cobb

Another good art heist novel is The Objects of her Affection, out this month. It's about a woman named Sophie whose husband works as a curator for the Philadelphia Museum of Art. When her family starts struggling financially, she finds herself doing something no one would ever expect her of doing: stealing a pricey antique.



Madame Picasso by Anne Girard

Out Aug. 26, this novel imagines a torrid love affair between Picasso and a small-town girl named Eva who moves to Paris where she meets the artist. Of course, Picasso wasn't a one-woman-man type of guy, so expect lots of drama along with steamy love scenes. In real life, Madame Picasso was Picasso's lifelong muse. This book tells the imagined story of her life.



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Winslet's hubby rocks role of stay-at-home dad

Kate Winslet ALL PHOTOS GETTY IMAGES

Kate Winslet's husband, Ned Rocknroll, has reportedly left his marketing executive gig with uncle Richard Branson's Virgin Galactic space tourism concern, according to the Daily Mail. Exactly when Rocknroll quit the gig is a matter of some debate, but it appears he's enjoying being a full-time stay-at-home dad for Winslet's kids and the baby they share: a boy born in December. "Ned is absolutely incredible and he looks after all of us," Winslet has previously said. "The other day, (my son) Joe asked, 'How come there are no other dads in the school run?' And we both went: 'It's because this is the way we're doing it.' The kids really love that."

Ford fit to be Star Wars right Han man again

Good news, Star Wars fans. Han Solo seems to be doing just fine. Harrison Ford was spotted looking fit as ever boarding a private jet in Los Angeles this weekend, presumably heading back to London to continue work on Star Wars: Episode VII after a production-upsetting injury earlier this year. The shooting schedule for the highly anticipated sequel was rearranged to accommodate Ford's recovery time, as the star of the original film trilogy is said to have a significant role in the new installment.

Harrison Ford

The Word

Love burned through $27M, but that's OK — it was only 'Nirvana money'

NED EHRBAR
Metro in Hollywood

It's official. Courtney Love has spent more money than any of us will probably ever have. And most of that cash she blithely dismisses as "Nirvana money." The nerve! "I lost about $27 million," she tells Style magazine. "I know that's a lifetime of money to most people, but I'm a big girl, it's rock 'n' roll. It's Nirvana money; I had to let it go." Well, she could've at least been nice enough to let some of it go in my direction, if she was so eager to part with it. Sheesh. And hell, I'm just a Nirvana fan. Imagine what Krist Novoselic would say. "I make enough to live on, I'm financially solvent, I focus on what I make now," Love says, adding insult to injury. So where did those millions go? Well, a lot of it came from her habit of mixing prescription drugs and social networking. As you do. Love explains that she'd get loaded and make remarks on Twitter that would result in people suing her, and she's still working out a few of those libel cases. But don't worry, she's a big girl. It's rock 'n' roll.

Jay-Z and Beyoncé

Rumours Jay-Z and Bey are headed for splitsville meant to drive tour to Hitsville

So we've all been watching these mounting gossip items about trouble between Beyoncé and Jay-Z all summer, with word coming that the power couple might file for divorce before their joint tour wraps up next month. But maybe we've all be fools, duped by Bey and Jay using the very gossip mill that made them stars in the first place. Publicist — and pal of the couple — Jonathan Hay tells the Sun that all the divorce drama is an act to drum up business for their On the Run summer tour. "They are driving interest for the tour. If you look at the timing of these stories, I don't think this is a coincidence," Hay says. "Once the tour is over, they will put a stop to these stories and show everything is fine at home." Only time will tell, of course, as there's only about a month left in the tour. Pretty crafty on Hay's part, honestly, as even if the couple is actually having troubles, he can still claim to be right should they manage to work through them.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chloe calls whole dating thing 'stupid,' was just hanging out with Becks Jr.

Apparently now that E! News has broken the seal on the purported teenage romance between 17-year-old Chloe Moretz and 15-year-old Brooklyn Beckham, the topic is fair game, as the Sunday Times magazine interrupted an interview with the If I Stay actress to press her on the issue. Only one thing, though: Moretz ain't having it. "I don't even know what dating is at this point. It's all so stupid," said Moretz, who was recently seen enjoying an afternoon of skateboarding with Young Master Beckham. "Why can't you just hang out with each other? Go to dinner if you want to? Why can't you go skateboarding if you want to go skateboarding with a guy?" Oh, honey. You're going to be asking yourself questions like that for a long, long time.

Chloe Moretz

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LIFE 3

Trapped in the chronic complaining trap? Get out!

People complain because they are bored, unhappy or it has become a habit.
ISTOCK

Tips. Even the most positive people get whiny sometimes. Recognize the reasons why you're doing it so that you can stop

GABRIELLE BERNSTEIN
Author of Spirit Junkie

Do you have a knack for zeroing in on what's wrong in a situation? Do you tend to focus on what's not working rather than what is? Do you fixate on flaws and let them ruin your experiences?

Heads up: You've fallen into the trap of complaining. It happens.

Even the most positive and easygoing among us can get caught in it.

But you've probably noticed that complaining doesn't actually make you feel better.

In fact, it usually darkens your outlook and saps your energy. When you find yourself breaking out complaints more often than you're expressing gratitude, turn things around by getting to the core of your behaviour.

There are three big reasons we complain — and simple ways to tackle each one.

We're bored

When we feel uninspired, we often look for things to complain about.

It can be easier to direct our energy toward something negative than it is to get creative and find ways to stimulate our mind.

The best way to combat this pattern is to redirect your focus. Choose to shift your energy from complaining to celebrating.

For instance, if you catch yourself complaining about the food at lunch, immediately shift your focus onto what you plan to cook for dinner.

Instead of fixating on what you don't like, take back your sense of control and think about what you can create.

When you realize you're capable of effecting change, the urge to complain fades.

We're not happy

Often when we complain about the negativity around us, we're unwilling to look at the negativity within us.

Therefore, we project our sadness outward by complaining about other people, our surroundings, or life in general. It's easier and more comfortable to blame things external to us.

But I'll let you in on an open secret: Facing up to the negativity within is liberating, because you can change it. The simple way out of this pattern is to focus on the good stuff. Proactively choose to focus on what feels good and what makes you happy.

Scientific research backs up the idea that focusing on what makes you happy really does bring more joy, energy and excitement into your life.

Set an alarm for three times throughout the day, and when it goes off do something simple to shift your focus.

It's a habit

Whenever I notice myself complaining, I witness an old habit showing up.

Even though this pattern of behaviour no longer resonates with me, it still pops up sometimes. The best way to change the habit is to witness it and then choose to see it differently.

If you catch yourself in the moment that you're complaining, you can pivot and choose to change your attitude in an instant.

That moment of change establishes a new pattern that creates healthier behaviour. Each time you catch yourself and choose to see things differently, you reinforce that new pattern.

Complaining can be tough to quit. After all, complaining about a situation makes us feel like we're not in charge of it, and therefore that we aren't responsible for working to change it. But escaping the trap is easier than you think and exhilarating, too.

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This week:
Two Minutes Two Times a Day

Good health starts with some milk

Incorporate dairy into diet to help prevent disease

When it comes to getting enough calcium in your diet, milk products — specifically milk, yogurt and cheese — are undoubtedly the gold standard.

Not only are these foods naturally high in calcium, but they are also chock-full of up to 15 other essential nutrients, such as protein, vitamin B12 and zinc, which all work together to provide health benefits and help protect against many diseases.

Clearly, if you miss out on milk products, you're missing out on a whole lot more than just calcium.

BONE HEALTH

Osteoporosis is a growing concern as our population ages. Making healthier lifestyle choices such as increasing activity (particularly weight-bearing exercises), not smoking and eating a balanced diet that includes calcium-rich foods such as milk products are important steps in preventing fractures and improving bone structure to prevent osteoporosis later in life.

NEW WAYS TO ENJOY

Try spreading your servings of milk products out throughout the day. Steep your tea in milk instead of water, have a latte instead of plain coffee, use vanilla yogurt sprinkled with cinnamon as a dip for fruit, and cook your oatmeal in milk for a creamier and more filling breakfast.

HEART HEALTH

Hypertension, which can lead to heart disease and stroke, is considered the "silent killer" because almost half of Canadians who have it aren't aware of it. Data consistently shows a significant benefit from consuming milk products in the prevention and management of hypertension because they contain nutrients such as calcium, magnesium and potassium.

CANCER PREVENTION

Colorectal cancer is the second leading cause of cancer death in Canada, yet it is highly preventable by adopting positive lifestyle changes. Calcium, vitamin D and other nutrients found in milk seem to play an important role in protecting against this type of cancer.

Unfortunately, despite the many health benefits of milk products, children, teens and adults are not getting enough. Statistics show that two out of three adults do not get enough milk products everyday. All it takes is two servings a day. Having a cup of milk with a meal and 3/4 of a cup of yogurt as a snack will do the trick.

After the age of 50, three servings a day is recommended.

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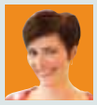
Ooey gooey goodness on the go

Health Solutions

Include watermelon at your dinner table today



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Who doesn't remember the childhood pleasure of sitting on a porch or stoop and letting watermelon juice run down your chin and wrists as you suck the sweet juice from a wedge?

Now that you are a grown up, though, you have experienced the conundrum of what to do with the rest of the beast when the slurping is done. You'd be surprised.

Watermelon is one of the more intense sources of lycopene (that nutrient that everyone thinks is only in tomatoes!) that is known to help protect hearts and prostates.

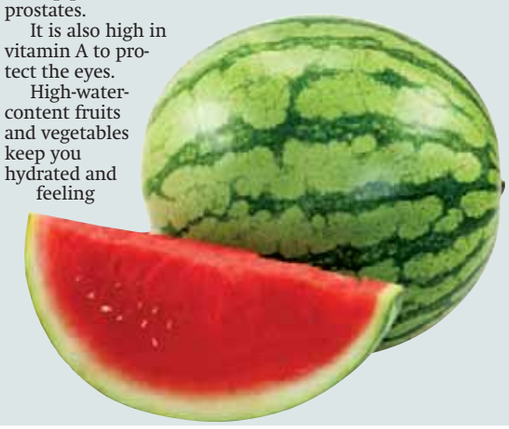
It is also high in vitamin A to protect the eyes.

High-water-content fruits and vegetables keep you hydrated and feeling full throughout the day in exchange for very few calories.

Here are some ways to use up the other half:

- Blend into a juice and use for smoothies;
- Blend with greek yogurt and freeze into popsicles;
- Use as you would tomatoes in sandwiches (simply pat dry with paper towel first);
- Grill for 30 seconds on a very hot barbecue as a base for ice cream desserts;
- Use as you would a raspberry puree in marinades and sauces;
- Chop with mint or cilantro and garlic as fresh salsa;
- Mix with feta and balsamic vinegar and serve on a pita;
- Chop into salads as you would strawberries.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

Pack a picnic. Grilled Cheese may not seem like a likely outdoor choice but this sandwich is better when it's cooled

You may not think of using watermelon to bump up a Grilled Cheese but, man, is it good! The watermelon holds its water better than tomato. These babies are great on a griddle on a barbecue, in a skillet or a Panini press. They are best wrapped and served cool!

Ingredients

- 4 slices watermelon
- 8 slices, 100% whole grain bread, chewy in texture
- Butter
- 2 tbsp (30 ml) mustard
- 6 oz thinly sliced extra-sharp cheddar cheese, divided into 4
- 1 1/2 cups (375 ml) baby arugula

1. Place watermelon pieces between paper towels to absorb extra fluid. Set aside.

2. Butter each slice of bread on outside and spread mustard on inside, and top with cheese. Top with baby arugula and watermelon slice.

3. On griddle or grill press, spray cooking spray and grill sandwiches on each side until cheese begins to melt.

RECIPE ADAPTED BY THERESA ALBERT FROM WATERMELON.ORG

AUGMENTED REALITY

→ Scan this photo using your Metro News app to follow along as Theresa Albert gives us some useful watermelon tips!

→ See the full instructions on Metro's Voices page.

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Watermelon's savoury side

Watermelon's sweet, crunchy flesh lends itself surprisingly well to salad — and, no, not just fruit salad.

The trick is to pair it with foods sporting contrasting flavours and textures. Anything salty and savoury is good.

This simple recipe for spicy watermelon salad with feta cheese and basil is a great start, but improvise as you see fit.

1. Divide the watermelon between 4 serving plates, then top each with a quarter of the banana pepper slices.

2. Using a mandoline, carefully shave about a quarter of the chili pepper over each plate. Alternatively, you can finely mince the chili, then scatter the pieces over the salads.

3. In a small bowl, whisk together the lime juice, sesame oil and sugar, stirring until the sugar is dissolved. Drizzle the dressing over the salads, then top each with some of the feta, basil and pine nuts. THE ASSOCIATED PRESS

Ingredients

- 4 cups cubed watermelon (bite-size chunks)
- 1/4 cup jarred banana pepper slices (or other pickled peppers)
- 1 red chili pepper
- 2 tbsp lime juice
- 1 tbsp toasted sesame oil
- 1/2 tsp sugar
- 4 oz feta cheese
- 1/4 cup fresh basil leaves, torn
- 1/4 cup pine nuts, toasted

SHUTTERSTOCK

Get a head start at school

Whether you're fresh out of high school or returning to your post-secondary studies, here are a couple of pointers to make the most of your school year:

YOU'RE NOT ALONE. Don't be afraid to ask for help from instructors and fellow students, and see what your school has to offer in terms of academic skills help, disability assistance, career planning and counselling.

"Managing time, managing stress, preparing for exams, all of that is often very important, especially for first-year students who are not used to the workloads or the strict deadlines," says Murray Sang, director of the student academic success service at the University of Ottawa. "We have time management tips, exam anxiety tips, those kinds of things."

KEEP AN EYE ON THE MONEY. "Do a back of the napkin calculation of what the school year will cost — tuition, books, booze, etc.," says Bruce Sellery, author of Moolala (Why smart people do dumb things with their money and what you can do about it).

"Look at how much money you have coming in — from loans, scholarships, parents and savings. Then figure out what the gap is. Fill the gap before it is urgent: Get a part-time job. Ask your parents for another loan before you're desperate. Cut back spending."

– Steve Collins

Saint Paul University continues its reputation for excellence

Applications are being accepted for fall 2014

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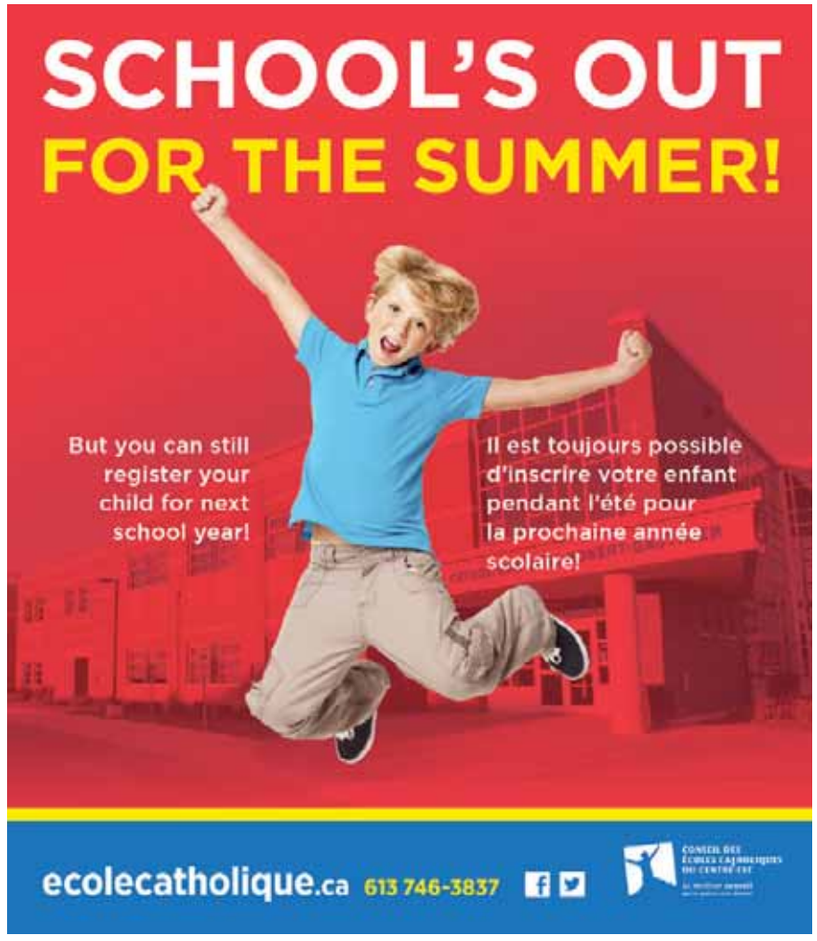
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SPORTS 4

Jays' Happ getting his time to shine

MLB. Left-handed starting pitcher enjoying his longest uninterrupted period of stability in Toronto

Blue Jays pitcher J.A. Happ has posted a 1.71 ERA since the all-star break. DAVID COOPER/TORSTAR NEWS SERVICE

Baseball is anything but a fair business, but J.A. Happ deserved a good turn.

Since arriving in Toronto a few days before the trade deadline in 2012, the six-foot-six left-hander could never seem to catch a break. Some of his woes were related to his own underperformance, but much was out of his control. When he wasn't battling arbitrary bullpen relegation, he was dealing with bizarre injuries. Along the way he developed a reputation as something of a malcontent.

Of late, however, Happ has been a stabilizing force in the Blue Jays' starting rotation. In his four starts since the all-star break, he has been remarkable, posting a 1.71 ERA while striking out nearly a batter an inning and averaging more than six frames each outing.

Perhaps it's no coincidence that Happ's recent success has come amid the longest uninterrupted period of stability in his Jays career.

"I always felt like if I was able to have a stretch like this, I would be able to figure it out," he told Torstar News Service this weekend.

What may have been his most hard-luck injury came in just his seventh start of 2013. He suffered a fractured skull when he was struck on the side of the head with a line-drive off the bat of Desmond Jennings in a frightening scene in Tampa. True to Happ's star-crossed Toronto tenure, it was a sprained knee suffered as he crumpled to the ground — not the fractured skull itself — that kept him on the disabled list for the next three months. Happ was back on the DL to start this year after he had a disastrous spring training while trying to pitch through a back injury.

But now Happ is pitching better than he has in years, and he says part of his recent success is a result of feeling more confident. "I have to trust myself and my stuff," he said. "Confidence is the most important factor in pitching. Without it, it's almost impossible to succeed."

Happ struck out a career-high 12 batters last week against Baltimore. He has nearly a 25 per cent swing-and-miss rate on pitches above the top of the strike zone this season, likely aided in part by the fact his average fastball velocity is up by more than two miles per hour this season compared to his career average.

The 31-year-old, who pitches Tuesday in Seattle, is potentially a free agent at the end of this year. If the Jays elect not to pick up his $6.7-million club option, he'll test the open market. So the final six weeks of the season are as important to him personally as his performance is to the Jays.

TORSTAR NEWS SERVICE

Jays vs. Mariners

Go to metronews.ca for coverage of Monday night's game in Seattle.

Auto Racing

Death on track not being considered criminal, police say

Kevin Ward Jr. died of blunt force trauma when he was hit by a car driven by NASCAR star Tony Stewart.

Ontario County Sheriff Philip Povero says the autopsy was completed Monday. The 20-year-old driver was competing in a dirt-track race in upstate New York.

Authorities questioned Stewart on Saturday night and went to Watkins Glen to talk to him again Sunday. Povero said Monday there were no plans "at this time" to talk to him again.

There is no timetable to complete the investigation.

Povero says there is nothing in the inquiry that supports criminal conduct or probable cause. He says there was no camera in Stewart's car.

THE ASSOCIATED PRESS

Toronto fined

Drake's KD pitch costs Raps $25K

The NBA has reportedly fined the Toronto Raptors $25,000 US for comments that rap star Drake made about Kevin Durant last weekend in Toronto.

Drake, the team's global ambassador, used the stage at Toronto's Molson Amphitheatre to make a pitch for Durant to sign with the Raptors when he becomes a free agent in 2016.

Durant was in attendance at the Toronto show when Drake urged the crowd to show their support for the NBA's reigning most valuable player.

THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Get plenty of rest today because you are going to be super busy towards the end of the week. The planets will confront you with challenges that demand a strong response.

♉ Taurus
April 21 - May 21
Set yourself targets, but don't aim so high that failure is more likely than not. You don't have to be perfect – you're perfect just the way you are.

♊ Gemini
May 22 - June 21
Don't worry if you have not yet made a serious start on an important project because you will get your chance over the next two or three days. Just keep your emotions out of it.

♋ Cancer
June 22 - July 23
You cannot have things your own way all of the time but you will always get another chance, so why worry? Look forward today, not back.

♌ Leo
July 24 - Aug. 23
If there are things you still need to do, get working on them today. Tomorrow there will be other issues that demand your time and attention.

♍ Virgo
Aug. 24 - Sept. 23
Less than two weeks from now a new solar year will begin and you will no longer be held back by issues over which you have no control. The good times are on their way.

♎ Libra
Sept. 24 - Oct. 23
You need to take life at a more relaxed pace over the next 24 hours. You will have to deal with important issues, of course, but, seriously, there is nothing to worry about.

♏ Scorpio
Oct. 24 - Nov. 22
It won't be long before you have to make a choice between a personal relationship and your work. You will need to focus in a single direction.

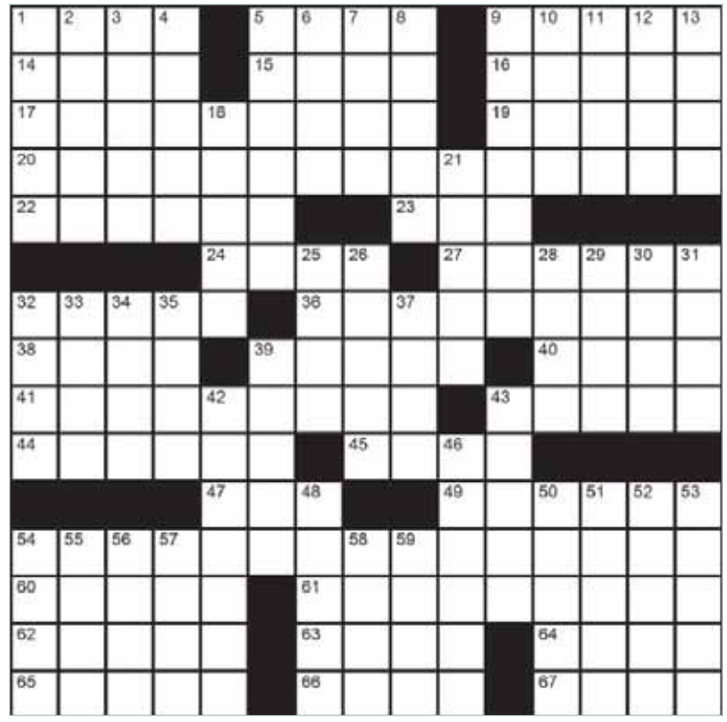
♐ Sagittarius
Nov. 23 - Dec. 21
Over the next 24 hours you will have to admit your negative views about a newcomer to your social circle were totally wrong. It seems they are a lot nicer than you thought.

♑ Capricorn
Dec. 22 - Jan. 20
You can transform your existence, but it won't be until the Sun moves in your favour on the 23rd. In the meantime, be patient. Your time will come.

♒ Aquarius
Jan. 21 - Feb. 19
Resist the urge to go to extremes when dealing with people you don't much like or the bad feelings you create may come back at you.

♓ Pisces
Feb. 20 - March 20
Only you can decide if a relationship is worth carrying on with but you don't have to decide right now. There are still a few twists and turns and surprises to come, so stay calm.

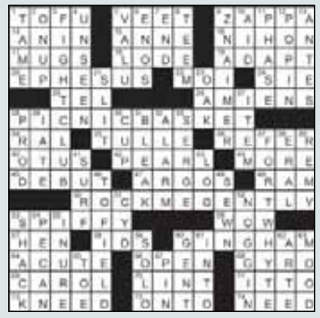
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1.Canadian rapper, see 41-Across for more!
5. Cushy
9. Terra __
14. Bathe
15. Advocate
16. Online aid, e.g., _-__
17. Snowy mountain danger
19. Lively
20. Charge led by The Beatles: 2 wds.
22. "Open __!"
23. "I got an '_' __ the quiz!"
24. Memo abbr.
27. Manitoba: __ Grain Elevators National Historic Site
32. "Say that thou __ forsake me..." — Shakespeare
36. Red River __ __ (Canadian breakfast serving)
38. Hautbois
39. Workshop machine
40. "Not __ __ watch!"
41. "The ___ __ Still Lives At Home" (Song by #1-Across)
43. "God helps __ who..."
44. Levi's __ __ jeans
45. Rob Thomas' "This Is __ _ Heart Breaks"
47. Universal principle
49. Drives
54. Canadian __-__-__ (The English Patient or Life of Pi)
60. Canadian heavy metal band
61. Winnipeg, 'The Heart of the __'
62. Vista
63. Gloria's dad, to Meathead
64. Old shipping weight allowance
65. Dispatches
66. Articulates
67. "My king"

Down
1. Concrete chunks
2. __-Aubert (One of Magdalen Islands)
3. J'__; Nous avions...
4. "__ Dawn" by Tanya Tucker
5. Day-to-evening time
6. Philharmonic gr.
7. E-J link
8. Brandon __, Hilary Swank Oscar-winning role
9. French painter, Paul __ (1839-1906)
10. Actress, Carre __
11. "Mickey" by __ Basil
12. Blinds/shades co., Blinds __ __
13. Kirk __, "Superman" (1948) star
18. Point towards: 2 wds.
21. National Gallery of Canada's striped painting, __ of Fire
25. Comparison word
26. Number-counter's nick
28. David __ ("Rhoda" husband-portrayer)
29. Jay __
30. Pet food brand
31. Leonard __, Roy Rogers' birth name
32. Gateway
33. 'Access' suffix
34. "The Days and Nights of Molly __"
35. Aug. follower
37. Vincent van Gogh's brother
39. Manitoba community
42. Is U2, does this: __ and hums
43. Singer Ms. Terrell
46. Lengths cohorts
48. Killer whales
50. Boucherville 'bridges'
51. "...if ___ saw one!"
52. Ocean vessel
53. Seven: Italian
54. Rocker's instrument
55. Newfoundland folk trio, The __
56. Stove
57. Nice
58. Ms. Ephron
59. 'Consist' suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	1		4				3
	8					9		
9		7		3	6			
		6	3			5		
			1		2			
		3			9	4		
			2	8		7		5
		5					2	
4				9		8	3	

Yesterday's Sudoku

5	1	9	2	6	7	8	4	3
2	8	3	9	1	4	6	5	7
4	6	7	8	5	3	1	9	2
1	3	2	4	9	6	7	8	5
9	7	8	5	3	1	4	2	6
6	4	5	7	8	2	9	3	1
8	2	4	1	7	5	3	6	9
3	5	1	6	4	9	2	7	8
7	9	6	3	2	8	5	1	4

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